

## ABSTRACT OF THE DISCLOSURE

Exercise equipment of the type comprising a frame structure; a handle coupled to the frame structure and adapted for movement by a user, back and forth in a first direction and in an opposite second direction; and at least one weight, coupled to the handle for applying a gravitational force to the handle in the second direction. According to the invention, a spring device, having two ends, is coupled to the handle at one end and to the frame structure at the opposite end to apply a spring force to the handle in the second direction. With proper choice of the spring constant of the spring device, when the handle is rapidly moved by the user in the first direction and then suddenly moved in the second direction, the total force applied to the handle in the second direction is maintained above minimum threshold value which is sufficient for "high speed training".